



On behalf of Swedish Biathlon Orienteering

Täby OK, Attunda OK and
Östra Almby FK invites to



Stockholm Biathlon Orienteering Summer Festival 2014

A competition with classes for everyone; first timer, newbie and more experienced athletes

The competitions represent last observation races for the Swedish World Championship team.

Open Biathlon Orienteering Competitions,
Swedish Championship, Swedish Cup and World Cup



**Sprint – Saturday,
28 June**

**Mass-start – Sunday,
29 June**



Experience Stockholm at its most beautiful time.

Attend the Biathlon Orienteering, take the opportunity to visit e.g. Gröna Lund and Skansen, take a boat cruise in the famous archipelago and finish with OK Ravinens 3-evenings orienteering competition June 30 - July 2.

Take the possibility to try Biathlon Orienteering, we offer introduction courses and training school with skilled instructors for shooting and orienteering technique.

You will never forget this week!

Classes and course distance: Course distances according to current Biathlon Orienteering rules. Times refer the orienteering part.

Classes M = Men W = Women	Winning time Sprint	Winning time Mass-start	Entry Fee, SEK SEK 100 = € 10 SEK 180 = € 20	Non Competition class	Competition class	SM class	World Cup class	Severity, white = easy blue = difficult the darker color the more difficult
M / W 21	18-20 min	60-80 min	180		Yes	SM	Yes	Blue
M / W 20	18-20 min	50-70 min	180		Yes	JSM		Blue
M / W 16	18-20 min	30-40 min	100		Yes	USM		Purple
M / W 14	18-20 min	25-30 min	100		Yes			Yellow
Open	18-20 min	30-40 min	100		Yes			Purple
Newbie	18-20 min	25-30 min	100		Yes			Yellow
First timer	18-20 min	25-30 min	100	Yes				White
M / W 35*	18-20 min	50-70 min	180		Yes	VSM		Blue
M / W 40*	18-20 min	45-65 min	180		Yes	VSM		Blue
M / W 45*	18-20 min	40-60 min	180		Yes	VSM		Blue
M / W 50*	18-20 min	35-55 min	180		Yes	VSM		Blue
M / W 55*	18-20 min	30-50 min	180		Yes	VSM		Blue
M / W 60*	18-20 min	25-30 min	180		Yes	VSM		Blue
M / W 70	18-20 min	25-30 min	180		Yes			Blue
Shooting academy	After the competition on Saturday		100					
Orienteering academy	After the competition on Saturday		100					White/Yellow

Order to constitute an individual Swedish champion (SM, JSM, USM, and VSM), the number of starting must be at least four (4) Swedish athletes representing at least two different Swedish associations. Foreign participants cannot compete for the Swedish championship titles, but are very welcome to participate in otherwise equal terms.

When less than 3 competitors registered in a class, this class will be merged with other classes.

*/ If at the registration deadline, there are not 4 or more swedes entered in the classes M/W35, M/W40, M/W45, M/W50, M/W55 and M/W60 it will be established respectively 10-year classes instead of 5 year classes or other merged class combinations.

Participants in Open class will share weapons if you don't bring your own.

After the competition on Saturday, you will have the opportunity to participate in either a Shooting Academy or an Orienteering Academy, where you will get instruction for about 90 min from skilled athletes and experienced staff. You have to register for these activities beforehand in the same way as you register for the competition (the fee for the Shooting Academy includes up to 100 cartridges).

All participation to these events is at your own risk.

Entry: Athletes representing a Swedish association ordinary entry are until Thursday 19 June 2014 by Eventor (club events) website for Saturday: <http://eventor.orientering.se/Events/Show/9664> and website for Sunday <http://eventor.orientering.se/Events/Show/9665> Athletes representing a Non-Swedish association ordinary entry is until Thursday 19 June 2014 by email to olskytte@attundaorientering.se Use separate entry form.

Foreign participants must pay cash (€ or SEK) on site before start, Swedish clubs are invoiced afterwards.

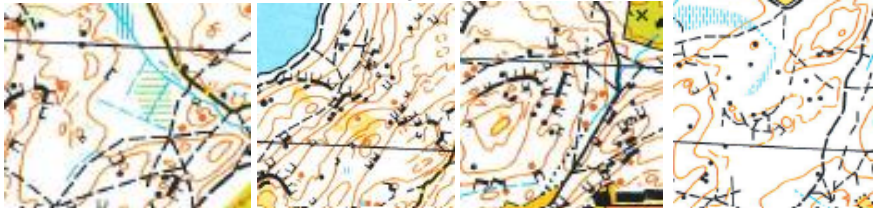
Entry to Open class can be done at the competition arena until one hour before first ordinary start.

Reservation of weapons: There are a limited number of loan weapon available, will be assigned after "first come, first served". For weapon reservation send e-mail to olskytte@attundaorientering.se Fee: SEK 50 / day (weapon + 50 cartridges).

Late entry: Late registration is accepted at 50% increased entry fees until Wednesday 25 June, at 20:00, preferably by Eventor or by e-mail to olskytte@attundaorientering.se

Location: Directions from route 275 at Räcksta roundabout (Vällingby), there is a Statoil station close to this roundabout, follow the markings south/west along Kanaans Väg around 1,5 km towards Kanaanbadet. (8 km from Bromma Int. Airport). Distance between parking areas and competition arena up to 600 m.

Media: Press and media will be invited and accredited. It is expected that all participants are available to the media before and after the race.

- Map:** Grimstaskogen, scale 1:10 000 for all classes, contour intervals 4 m., size A4. Digital print-out.
- Terrain:** Moderately hilly with mostly very good accessibility. Old fine forests of pine and spruce. Major part of the course is in forests with a rather large trail and road network. Example:
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- Competition elements: (preliminary)** Preliminary plan for implementation, there may be changes in the order.
- Sprint:** sprint with two shootings (total 10 shots) and penalty loops, individual start, order: orienteering - shooting (prone) - orienteering - shooting (standing) - running loop to finish, no map change. There may be changes in the order.
- Mass-start:** 4 shootings (total 20 shots) with penalty loops, pyramid start between classes to get the best possible flotation on the shooting range, different forking methods, map changes. Order: orient. – shoot.(pr) – orient. – shoot.(pr) – orient. – shoot.(st) – orient. – shoot.(st) – running loop to finish. Open class, Newbie, first timer, M/W14 and M/W16 classes only 2 shootings (10 shots).
- Open class, Newbie, first timer, M/W14 and M/W16 only prone position on both sprint and mass-start. Shooting against self-marking targets with .22 long rifles, at 50 m distance. The map constitutes the shooting record and must be hand over to officials at each shooting. If queue at the shooting range, waiting time will be counted away (waiting paddock with SI-timing).
- Punching system:** SportIdent. Own SI-card may be used (provide number with your registration) or rent one for SEK 20 per competition day. If you enter without SI-card number, you will be given a rental SI-card. Competitors failing to return a rental SI-card will be charged SEK 500.
- Competitions Instructions:** Competitions Instructions will be published at Swedish Biathlon Orienteering website: www.biathlonorienteering.se/ and at Eventor.
- Number bibs:** Number bibs shall be worn visibly by all participants, self-service at the start. Please bring your own safety pins.
- Adjustment shooting:** Adjustment shooting on paper targets. Saturday: 12:00-13:30 and Sunday: 9:00-10:00. Weapon control will occur. Adjustment shooting lanes will be allocated per clubs according to a separate list.
- Start:** Distance from Shooting range to start is less than 700 m. Saturday: First start at 14:00. Sunday: First start at 10:15.
- Start lists and results:** Start lists and results will be published at Swedish Biathlon Orienteering website: www.biathlonorienteering.se/ and at Eventor.
- Changing facilities and service:** Outdoor bathing beach are nearby (Mälaren – Kanaan badet). Access to a limited number of toilets at the arena, no toilets at start. There will be a very limited self-service cafeteria at the competition area.
- Prizes:** Prize giving ceremony at the competition arena after each competition.
- Rules:** For WC classes according to IBOF International rules, for all other classes according to SMKF rules.
- Academy:** After the competition on Saturday, there will be a Shooting Academy and an Orienteering Academy, where you will get instruction for about 90 min from skilled athletes. You have to enter for these activities in before in the same way as you entering for the classes.
- Lodging and "To do":** Accommodation can be found at e.g.: www.vandrarhemstockholm.se/hostel-stockholm.html
Tips on experiences in Stockholm you will find, e.g.: www.visitstockholm.com/en/To-Do/
- Information:** Entry: Andreas Fredriksson, +46 70 165 33 22 or olskytte@attundaorienteering.se
Competition: Roland Hellberg, +46 73 082 78 78 or vallaservice@telia.com
- Officials:** Event Director and Course Planner: Roland Hellberg, Täby OK
Competition Administration and Secretary Responsible: Andreas Fredriksson, Attunda OK
Shooting leader: Hans Mandahl, Östra Almby FK
Start manager: Anne Cecilie Løvald, Täby OK
Course and Event Controller: SMKF
- OK Ravinens 3-kvällars** You have to make a separate entry for OK Ravinens 3-kvällars on Eventor (separate organizer) <http://eventor.orientering.se/Events/Show/7482>

**Welcome to Stockholm Biathlon Orienteering
Summer Festival 2014**